

Date:

Personal Accountability

Name:

“Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. But exhort one another every day, as long as it is called ‘today,’ that none of you may be hardened by the deceitfulness of sin.” —Hebrews 3:12–13

How are you doing in the following areas? Select the best answer for each item; add comments at the bottom.

1. God

- 1.1. Consistency in satisfying private worship (i.e., personal devotions)
- 1.2. Consistency in satisfying prayer
- 1.3. Consistency in satisfying Bible reading
- 1.4. Consistency in satisfying Bible study
- 1.5. Consistency in satisfying Bible memorization
- 1.6. Satisfying corporate worship (e.g., heart engaged in singing and responsive to the Word)

2. Family

- 2.1. Family joy and harmony
- 2.2. Family worship (e.g., prayer, Bible reading/study, reading a Christian book, discussions, etc.)
- 2.3. Have I given appropriate time and attention to my family?
- 2.4. Have I intentionally disciplined my family this week?
- 2.5. Have I been enjoying regular physical intimacy with my wife?
- 2.6. Have I sought or intentionally looked at sexually explicit material (e.g., multiple looks, dwelling on)?
- 2.7. Have I given place to romantic, sexual, or otherwise inappropriate thoughts about or affections for another woman?
- 2.8. Have I stimulated myself sexually?

3. Others

- 3.1. Feelings of effectiveness in your ministry role
- 3.2. Communicating the gospel to unbelievers (by life and word)
- 3.3. Have I interacted or been with a woman in a way that could be viewed as compromising?
- 3.4. Have I interacted with others and fulfilled my obligations with honesty and integrity?

4. Health

- 4.1. Eating (quality and quantity; 1 = poor, 3 = average, 5 = excellent)
- 4.2. Exercise
- 4.3. Sleep

Key for 4–5

5 = Too Much

3 = Just Right

1 = Too Little

0 = N/A

5. Time

- 5.1. Use of my time w.r.t. the internet
- 5.2. Use of my time w.r.t. entertainment and recreation

6. Finances

- 6.1. Wise stewardship (budget and spending)
- 6.2. Transparent spending w.r.t. my wife
- 6.3. Generous giving

7. Sin

- 7.1. Anger (a strong, unrighteous feeling of annoyance, displeasure, or hostility)
- 7.2. Anxiety (uneasiness of mind, worry, or fear)
- 7.3. Bitterness (holding a grudge, refusing to forgive, desiring revenge)
- 7.4. Covetousness/idolatry (seeking satisfaction in anything other than God)
- 7.5. Discouragement (loss of hope)
- 7.6. Impatience (failure to tolerate delay or interruption calmly)
- 7.7. Joylessness (failure to delight in God as one's supreme treasure)
- 7.8. Laziness (unwillingness to work diligently)
- 7.9. Lust (immoral sexual desire)
- 7.10. Misplaced shame (unnecessarily feeling humiliated, distressed, or guilty)
- 7.11. Perfectionism (refusal to accept any standard short of one's notion of perfection)
- 7.12. Pride (a high opinion of one's importance that produces an attitude of superiority over others)
- 7.13. Selfishness (regard for one's own well-being to the disregard of the well-being of others)

"Confess your sins to one another and pray for one another, that you may be healed." —James 5:16

Comments (e.g., prayer requests, accountability needs, praises, confessions, explanations, etc.)

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Key for 1–3, 6–7

5 = Thriving
4 = Growing
3 = Coasting
2 = Regressing
1 = Failing
0 = N/A

"Therefore, having put away falsehood, let each one of you speak the truth with his neighbor." —Ephesians 4:25

To the best of my knowledge, all of the answers and comments above are true and accurate. ☐